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WALKING IN SUNSHINE

GREY SKIES ARE GONNA CLEAR UP FOR WINTER-WEARY REGINANS, SAYS ENVIRONMENT CANADA

PAGE 4

Friends of Boston bombing suspect removed fireworks from dorm: FBI

This April 20 photo shows the front tag on a 2006 BMW that a spokesperson from the Massachusetts Registry of Vehicles says is registered to Dias Kadyrbayev, who is charged with conspiring to obstruct justice in the Boston bombing investigation. One of Kadyrbayev's lawyers said the plate was just a joke gift from the 19-year-old's friends. ERIKA NIEDOWSKI/THE ASSOCIATED PRESS

19-year-olds charged. Two of three students arrested were previously jailed on allegations they were in violation of their student visas

Three college friends of Boston Marathon bombing suspect Dzhokhar Tsarnaev were arrested and accused Wednesday of trying to protect him by going into his dorm room and getting rid of a backpack filled with hollowed-out fireworks three days after the deadly attack.

The three 19-year-olds were not accused of any role in the bombing itself. But in a footnote in the court papers outlining the charges, the FBI said that about a month before the tragedy, Tsarnaev told two of them that he knew how to make a bomb.

Azamat Tazhayakov and Dias Kadyrbayev, both of whom came to the U.S. from Kazakhstan, were charged with conspiring to obstruct justice by concealing and destroying evidence. Robel Phillipos, who graduated from a Cambridge, Mass., high school with Tsarnaev, was charged with lying to investigators about the visit to Tsarnaev's room.

According to the FBI account, just hours after surveillance-camera photos of the Boston Marathon suspects were flashed around the world April 18, Tsarnaev's friends suspected he was one of the bombers and removed the backpack along with a laptop from Tsarnaev's room at the University of Massachusetts at Dartmouth.

One of them later threw the backpack in the garbage, and it wound up in a landfill, where it was discovered by law enforcement officers last week, authorities said. In the backpack were fireworks that had been emptied of their gunpowder.

The lawyers for the Kazakh students said their clients had nothing to do with the bombing and were just as shocked by the crime as everyone else. Phillipos' attorney, Derege Demissie, said outside court: "The only allegation is he made a misrepresentation."

Previously detained

Kadyrbayev and Tazhayakov have been in jail for more than a week on allegations they were in violation of their student visas, one because he was skipping classes, the other because he was no longer enrolled.

At a court appearance, the Kazakh students did not request bail and will be held for another hearing May 14. Phillipos was held for a hearing on Monday.

If convicted, Kadyrbayev and Tazhayakov could get up to five years in prison and a $250,000 fine. Phillipos faces a maximum of eight years behind bars and a $250,000 fine.

Three people were killed and more than 260 wounded on April 15 when two bombs exploded near the finish line. Tamerlan Tsarnaev, 26, died after a gunfight with police days later. His 19-year-old brother was captured and lies in a prison hospital.

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Bike helmet law needed in Saskatchewan: Advocate

Best left to municipalities?
Only City of Yorkton has bylaw, with a $5 fine for violation

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Saskatchewan is pedalling far behind most other provinces by avoiding legislation on the use of bicycle helmets, safety advocates charge.

After the Manitoba government put a helmet law into effect in that province on Wednesday, the Saskatchewan Prevention Institute said it's time for Premier Brad Wall's administration to keep pace to prevent injuries and deaths.

"We've definitely been lobbying for bike helmet legislation for a very long time," Brittany Lang, child injury prevention co-ordinator for the institute, said from Saskatoon.

Saskatchewan is the only Western Canadian province without any provincial law on mandatory helmet use for cyclists of any age, and is one of only a few jurisdictions across the country to have steered clear of such legislation.

"The government isn't looking at doing it right now," said a spokeswoman with the government's executive council.

A communications staffer in Saskatchewan's Ministry of Government Relations pointed out, however, that the province allows municipalities to create bylaws for bicycle helmets.

"Local governments are in the best situation to decide what sorts of bylaws they need for local communities," she said.

Only the City of Yorkton has a bike helmet bylaw, with a penalty of a $5 fine.

Lang said it's "a very good question" as to why the province has no law on the use of bike helmets, considering that 1,058 riders under age 19 in Saskatchewan were hospitalized due to cycling injuries between 1995 and 2004 — while one of every three of those cyclists suffered a head injury.

Meanwhile, in Manitoba ...

A new Manitoba law requires cyclists under 18 to wear proper helmets. Riders aged 14 to 17 there are subject to $50 fines for violations.

- Lang, however, said any such law in Saskatchewan should apply to cyclists of all ages.

Zackariya Bah, 4, wears a helmet while riding his bicycle through puddles at the legislative grounds in Regina.
JEFF MACKEY/METRO

Onion Lake reserve on alert to flee homes

A crew uses a backhoe to remove stop logs in a weir at the Albert Memorial Bridge on Wednesday.
JEFF MACKEY/METRO

Flooding has prompted a state of emergency on a northwestern Saskatchewan First Nation and officials caution that up to 200 people may be forced out of their homes.

Onion Lake Cree Nation is the eighth Saskatchewan community to declare a flood emergency since the weekend.

"At Onion Lake, their community is being affected by overland flooding, some sewer backups and some road access issues," said Deanna Wysoskey, emergency Social Services co-ordinator.

Social Services is working with the Red Cross to set up a shelter at Lakeland College in Lloydminster.

Rising floodwater has already forced more than 50 people from their homes on the Poundmaker First Nation. They're staying in hotels in neighbouring communities.

But Wysoskey says the good news is that some of the water may be receding at Poundmaker.

"Some of those residents may be able to return home soon," she said.

Emergency declarations are also in place in the towns of Maidstone and Radisson, the village of Borden, the rural municipalities of Great Bend and Elfros, as well as the Poundmaker and Sakimay First Nations.

The Water Security Agency has said the entire southern half of the province will see water run-off levels above or well above normal.

The agency is watching the Wascana creek system, which runs through Regina.

THE CANADIAN PRESS

Million-dollar prize

WolfCop inching closer to the top

A local horror-hero feature film concept is one werewolf step closer to winning $1 million in movie financing and guaranteed theatre distribution.

Of the three Saskatchewan films that made the top 40 in the CineCoup Film Accelerator, a national competition for indie films, Regina's WolfCop has become the only one to progress to the top 10 round.

"I'll allow myself 30 seconds of relief and excitement before diving into whatever the next step is," Lowell Dean, WolfCop's writer and director, told Metro before the official announcement at the Southland Cineplex theatre on Wednesday.

WolfCop CONTRIBUTED

"I'll be celebrating once the movie exists. That's when I will take a deep breath and say we finally did it."

Each of 91 teams from across Canada submitted a two-minute trailer film concept to CineCoup. As the contest progressed, teams engaged in weekly missions such as filming scenes and creating promotional posters.

"We are an experienced team," said Dean, whose producing partner is Echolands Creative Group. "We may be from Saskatchewan, but we have a lot of talented people working with us."

From here, CineCoup will choose the 10 most viable projects to send to the Cannes International Film Festival to be optioned for development with international buyers.

The final five teams, determined by social-media votes and evaluation, will pitch their film projects to an industry panel at the Banff World Media Festival, which will select the winner on June 10.

ALYSSA MCDONALD/METRO

Here comes the sun ... at last

Forecast. Environment Canada's predicting above-average temps for this summer

JEFF MACKEY
jeff.mackey@metronews.ca

Even by Regina standards, it has been a rough winter. But according to Environment Canada, relief is on the way.

"April has lived up to its reputation as the cruelest month, and I couldn't imagine a crueler month than what you have dealt with," David Phillips, senior climatologist at Environment Canada, said Wednesday from Toronto. "This past April was almost nine degrees colder than it normally would be, and it is the coldest since 1907."

Phillips says it's perfectly normal for Reginans to be fed up with this almost unprecedented, brutal spring, though there is a light at the end of the tunnel.

"We see a warm-up beginning with no precipitation, coming this weekend at about 17 C and early next week 22 C," said Phillips, who is predicting a "normal" month of May. "For this time in May, normals would be highs of around 20 to 22 C and lows of around 8 to 9 C."

And the good news just keeps coming.

"It may be that we will all go from slush to sweat. We might miss spring altogether or just have it for about a week," said Phillips. "Our models for June, July and August are showing warmer than normal for across the province."

In the meantime, Phillips prescribes patience to weather-weary Saskatchewanians.

"Spring has arrived in other parts of the country and it looks like the last area not to see it is Saskatchewan, but that will be happening in the days to come."

A Rider fan enjoys the warm summer temperatures during a tailgate party last season. According to Environment Canada, we can expect this summer to be warmer than average. JEFF MACKEY/METRO FILE

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WWCFL. Riot look to take play to next level this season

The Regina Riot are entering their third season in the Western Women's Canadian Football League and they're hoping for a breakout season.

"This year's team, I think, is a lot better-rounded," said Darren Fisher, the Riot's new head coach. "We had some rookies added and I think everyone really rededicated themselves. We look good as a team."

The team finished with a .500 record in its previous two seasons, and last year's playoff run showed it has potential. The Riot's biggest obstacle, it would seem, is beating their rivals — the undefeated Saskatoon Valkyries.

"It's the old coach's cliché that if you want to be the best you have to beat the best, and they are the defending champions," said Fisher. "I think talent-wise we weren't even that far behind them last year, and we have the coaches in place now to push us over the top."

The team will be boosted this season by a large crop of rookies.

The Regina Riot have their first game of the 2013 season on Sunday at Liebel Field. JEFF MACKEY/METRO FILE

"There are a lot of new faces, especially in defence where we have only one returning defensive back," said Sarah Mercer, a defensive lineman in her third year with the Riot. "We are meshing well. Our third- and second-year players have really taken on that leadership role and are making sure the rookies know their responsibilities, roles and positions."

The Riot's first test will be against the Manitoba Fearless at Liebel Field on Sunday at 11 a.m. If the field is too muddy, the game will be moved to Mosaic Stadium.

JEFF MACKEY/METRO

May Day marchers demand U.S. immigration law overhaul

Immigrant workers. Peaceful marches cross the U.S. in hopes of reaching Capitol Hill

An immigrant from Mexico marches during a May Day rally in downtown Los Angeles on Wednesday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Demonstrators demanded an overhaul of immigration laws Wednesday in an annual, nationwide ritual that carried a special sense of urgency as Congress considers sweeping legislation that would bring many of the estimated 11 million people living in the U.S. illegally out of the shadows.

Thousands joined May Day rallies from Concord, N.H., to Los Angeles, where scores of marchers gathered downtown. In Salem, Ore., Gov. John Kitzhaber was cheered by about 2,000 people on the Capitol steps as he signed a bill to allow people living in Oregon without proof of legal status to obtain driver's licences.

In Vermont, more than 1,000 people assembled on the Montpelier Statehouse lawn. And in New York, paper rats on sticks bobbed along Sixth Avenue as about 200 protesters set off from Bryant Park, chanting: "What do we want? Justice! When do we want it? Now!" The rats were intended to symbolize abused migrant workers.

THE ASSOCIATED PRESS

6 years ago

At times an uphill battle

The May Day crowds were lively but paled in comparison to the massive demonstrations of 2006 and 2007, during the last serious attempt to introduce major changes to the U.S. immigration system. Despite the large turnouts, many advocates of looser immigration laws felt they were outmanoeuvred by opponents who flooded congressional offices with phone calls at the behest of conservative talk-radio hosts. Now, immigrant advocacy groups are using social media and other technology to target specific lawmakers.

Global presence

Canada won't trade foreign policy for Security Council seat: Baird

The ongoing debate about Canada's standing on the world stage was rekindled Wednesday after John Baird admitted Canada won't run again for a spot on the United Nations Security Council.

Canada doesn't need a spot on the council to have a place in the world, the foreign affairs minister said Wednesday during a pointed question period exchange in the House of Commons.

"Canada's principled foreign policy is not for sale for a Security Council seat," Baird said.

"We are aggressively working on humanitarian aid to the most vulnerable, including Syria; we are taking real leadership when it comes to standing up against the evil that is Iran."

"This minister will be noted as the minister who just gave up when it comes to trying to win back our seat," NDP critic Paul Dewar said.

THE CANADIAN PRESS

Insurgent hotbed

Box bomb kills teens in Dagestan

A bomb exploded Wednesday in a busy shopping area in the capital of Russia's restive republic of Dagestan, killing at least two people, police said.

Two teenage boys who tried to open a cardboard box left near a store were killed when the bomb inside went off, police said.

The explosion in the city of Makhachkala also wounded an undetermined number of people, said the republic's interior ministry. She had no further details about the bomb.

Islamic insurgents frequently mount attacks on police and Russian security forces in Dagestan, with bombs often placed in cars or along roads.

The republic in southern Russia is home to the parents of the suspects in last month's Boston Marathon bombing. One of the bombing suspects who was killed in a shootout with police, Tamerlan Tsarnaev, paid a long visit to Dagestan last year. Investigators are trying to determine whether he had contact with extremists there. THE ASSOCIATED PRESS

Accident. 2-year-old girl killed by brother, 5, with gun received as a gift

A five-year-old U.S. boy accidentally shot his two-year-old sister to death with a rifle he had received as a gift last year, Kentucky authorities said.

The children's mother was home at the time Tuesday afternoon but had stepped out to the front porch for a few minutes and "she heard the gun go off," Cumberland County Coroner Gary White said. He said the rifle was kept in a corner, and the family didn't realize a bullet was left inside it.

White told the Lexington Herald-Leader newspaper the boy received the .22-calibre rifle, especially made for children, as a gift.

White identified the gun as a Crickett, referring to a company that specifically makes guns, clothes and books for children. "It's a little rifle for a kid. ... The little boy's used to shooting the little gun."

The shooting, while accidental, highlights a cultural divide in the U.S. debate over gun control, which again became a top issue after 20 young children and six adults were shot dead at a Connecticut school in December. While many urban and suburban areas work to keep guns out of the hands of children, it's not uncommon for youths in rural areas to own guns for target practice and hunting.

"Down in Kentucky where we're from, you know, guns are passed down from generation to generation. You start at a young age with guns for hunting and everything," White said.

THE ASSOCIATED PRESS

'My first rifle'

Keystone Sporting Arms produced 60,000 Crickett and Chipmunk rifles in 2008, according to its website.

- The smaller guns come in all sorts of colours, including blue and pink.
- The company's slogan is "my first rifle," and its website has a "Kids Corner" section with photos of children at shooting ranges and on bird and deer hunts.

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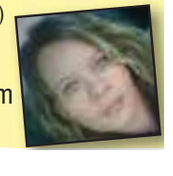

Racist taunts greet 1st black minister in Italy

Cecile Kyenge. Appointment of woman born in Congo causes racist backlash

It was hailed as a giant step forward for racial integration in a country that has long been ill at ease with its growing immigrant classes.

But Cecile Kyenge's appointment as Italy's first black cabinet minister has instead exposed the nation's ugly race problem, a blight that flares regularly on the soccer pitch with racist taunts and in the diatribes of xenophobic politicians — but has now raised its head at the centre of political life.

One politician from a party that not long ago ruled in a coalition derided what he called Italy's new "bonga bonga government." On Wednesday, amid increasing revulsion over the reaction, the government authorized an investigation into neo-fascist websites whose members called Kyenge a "Congolese monkey" and other epithets.

Kyenge, 48, was born in Congo and moved to Italy three decades ago to study medicine. An eye surgeon, she lives in Modena with her Italian husband and two children. She was active in local centre-left politics before winning a seat in the lower Chamber of Deputies in February elections.

Premier Enrico Letta tapped Kyenge to be minister of integration in his hybrid centre-left and centre-right government that won its second vote of confidence Tuesday. In his introductory speech to Parliament, Letta touted Kyenge's appointment as a "new concept about the confines of barriers giving way to hope, of unsurpassable limits giving way to a bridge between diverse communities."

THE ASSOCIATED PRESS

Italian Integration Minister Cecile Kyenge arrives at the premier's office in Rome. GREGORIO BORGIA/THE ASSOCIATED PRESS FILE

Sex assault

Pants puller apologizes to Ottawa women

A man who terrorized women in Ottawa last spring with a spree of sexual assaults in which he pulled down his victims' pants in broad daylight as they walked alone, apologized to the city Wednesday. "I am sorry," said Gavin Griffiths, 26, speaking in court to his nine victims before being sentenced to 10 months at the St. Lawrence Valley Correctional and Treatment Centre.

GRAHAM LANKTREE/METRO

Protecting juveniles

Group assails sex-offender registry system

A human rights group is calling on the government to stop the practice of placing the names of juveniles on publicly accessible sex-offender registries.

THE ASSOCIATED PRESS

Greek-only handouts

Mayor of Athens vows to stop 'racist' charity

The mayor of Athens has pledged to prevent an extreme far-right party from staging food handouts only for Greeks in the capital's busiest square. Giorgos Kaminis accused Golden Dawn on Wednesday of engaging in "racist and xenophobic charity." Kaminis said Thursday's planned handout is illegal and he would do his best to stop it. THE ASSOCIATED PRESS

Desperate act

Couple leaves autistic son with social services

An Ottawa couple's decision to leave their severely autistic son at a social services agency this week was 10 years in the making. Amanda Telford took her 19-year-old son Philippe to Developmental Services Ontario. TORSTAR NEWS SERVICE

Supervised custody

Girl sentenced in vicious attack on disabled man

A 17-year-old girl has been sentenced for her role in a violent robbery and assault on a disabled man in Mount Pearl, Nfld., last year.

The girl was sentenced to six months of open and supervised custody Tuesday after pleading guilty to robbery with violence, conspiracy to commit robbery and possession of stolen goods. A charge of assault causing bodily harm was withdrawn.

Provincial court heard the girl arranged to meet the 24-year-old victim for a date at a local movie theatre last Nov. 28.

The man, who has a physical and mental disability, was then lured into a wooded area where he was beaten and robbed.

Three teenagers have already been sentenced in the case, while a teenage boy will be sentenced May 4.

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Ireland publishes bill on life-saving abortions

Abortion rights protesters hold pictures of Savita Halappanavar in Dublin. SHAWN POGATCHNIK/THE ASSOCIATED PRESS FILE

Ireland unveiled a long-awaited bill Wednesday that lays down new rules governing when life-saving abortions can be performed, a point of potentially lethal confusion for women in a country that outlaws terminations.

Prime Minister Enda Kenny, speaking to reporters after his government published the Protection of Life During Pregnancy Bill, said he hoped the coming weeks of debate would not turn bitter. But he warned Catholic conservatives within his own party to back the bill or be expelled.

Kenny said the bill would set a maximum 14-year prison sentence for anyone involved in an illegal abortion, whether doctor or patient. The current law, dating to 1861, sets the maximum penalty at life.

The bill, if passed, would change nothing for the vast majority of an estimated 4,000 Irish women who travel annually for abortions in England, nor the growing number who order miscarriage-inducing drugs over the Internet.

THE ASSOCIATED PRESS

Debate

The bill, published after weeks of government infighting on its terms, faces lengthy debate and likely amendments.

- Opposition lawmakers who want broader access to abortion accused Kenny of hypocrisy and say the bill is so restrictive most women won't bother.

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In this online ad for Mountain Dew, the goat in the police lineup makes threatening remarks to the injured woman such as, "Ya better not snitch on a playa" and "Keep ya mouth shut." She eventually screams, "I can't do this, no no no!" and runs away. YOUTUBE SCREEN GRAB/METRO

Celeb-made Mountain Dew ad leaves bad taste

Hip or horrible? PepsiCo pulls online spot depicting battered woman being threatened in police lineup

PepsiCo is once again learning the risks of celebrity partnerships after an ad for Mountain Dew was criticized for portraying racial stereotypes and making light of violence toward women.

The company said it pulled the 60-second spot after learning people found it offensive. The ad was part of a series developed by African-American rapper Tyler, the Creator, and depicted a battered white woman on crutches being urged to identify a suspect out of a lineup of black men.

A goat character known as Felicia is included in the lineup and makes threatening comments to the woman, such as "Ya better not snitch on a playa" and "Keep ya mouth shut."

The woman eventually screams, "I can't do this, no no no!" and runs away. The word "do" is in apparent reference to the soft drink's Dew It slogan.

THE ASSOCIATED PRESS

Tech trends. One third of cell users still own 'stupid' phones

Writer Steve Burgess doesn't like to use his cellphone in public. While data shows cellphone users are increasingly jumping to smartphones, Burgess still carries his trusty flip phone.

He knows his "stupid phone," as he calls it, is made by Samsung but has no clue what model it is. He's part of a rapidly shrinking minority that has resisted upgrading to an iPhone, Android device or BlackBerry.

A telephone survey of 4,001 Canadians conducted for the Media Technology Monitor found about two thirds of the mobile phone owners polled said they had a smartphone and the other third had an older non-smartphone.

THE CANADIAN PRESS

User profile

- Media Technology Monitor found non-smartphone users are more likely to be female, older, have a lower income, live in a small community and have less education.

Online content. DreamWorks buys AwesomenessTV for $33M

DreamWorks Animation SKG Inc. is buying AwesomenessTV, a YouTube teen network, for about $33 million US in cash as it looks to tap into the popularity of online content.

DreamWorks said Wednesday that AwesomenessTV founder and CEO Brian Robbins will continue to direct growth at that company while also developing a DreamWorks branded digital family channel.

AwesomenessTV features talk shows, scripted and reality programs and sketch comedy. Its network of YouTube channels has 14.4 million subscribers. THE ASSOCIATED PRESS

Iowa

Mentally disabled plant workers awarded $240M

A jury on Wednesday awarded a total of $240 million US to 32 mentally disabled Iowa turkey processing plant workers for what an expert witness described as years of "virtual enslavement" by the company that oversaw their care, work and lodging. The jury found that Henry's Turkey Service, of Goldthwaite, Texas, violated the Americans with Disabilities Act.

THE ASSOCIATED PRESS

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A FOREIGNER IN LEAFS NATION

HE SAYS

John Mazerolle
metronews.ca

Dearest readers,

By the time you read this, I may have already been mocked.

As I write this, Game 1 in the playoff series between the Boston Bruins and the Toronto Maple Leafs has not yet been played. It promises to be a war and, as a fervent Bruins fan in Toronto, I'm trapped behind enemy lines.

Toronto is Canada's team — or so certain Leafs fans never tire of telling me — and here I am right in the belly of the Buds. If Toronto was victorious in the first battle, the verbal and psychological abuse may have already begun. And if the Bruins took the skirmish, who knows what blowback I might be facing?

A number of people, concerned about my well-being, have asked what it's like to be a die-hard fan of one team while living in a rival team's city. In response, I scratch out this humble letter, keeping myself sane on the eastern (conference) front with pieces of chocolate and a few pin-up girls I've been able to find on the Internet.

I try to blend in here, but I fear my Bruins toque, two Bruins jackets, two Bruins T-shirts, four Bruins baseball caps, Bruins key chain and Bruins rubber bracelet may be giving me away.

Fortunately, most Leafs fans don't seem to notice me; they're too busy celebrating that they've made the playoffs for the first time since the Earth was hot and molten. They stumble around with goofy grins, shaking the rust of fandom off, yelling on the streets that they're "ready for the ... after-games ... tournament thing!"

But I must be careful not to prod. As I said, by now the Leafs may be up 1-0 in the series, and I'll be dodging the shots and cuts and jabs of co-workers and passersby. Just yesterday somebody said, "Your jacket looks terrible." The wound still festers.

I always live in fear of the perfect put-down, the one that will shame me and shut me down forever. Fortunately the best most people can do is, "Your team's best player sucks!"

And, in truth, Maple Leafs fans are remarkably gentle. It might be because the young men most likely to be jerks haven't had anything to strut about since they were 11. It might be because buying a game ticket requires a bailout from the World Bank. Or it might just be Toronto's easy-going nature.

Whatever it is, Leafs fans are not the threatening sort. Yet.

Compare that to, say, Philadelphia, where Flyers fans would gladly decapitate me at the gates of Wells Fargo Center and use my head as a clapper in the Liberty Bell.

Yes, I do consider myself a hero.

But I'm not alone. Right across this country there are people like me: Calgary fans in Edmonton, Edmonton fans in Vancouver, Montreal fans in Winnipeg. Rangers, Bruins and Blackhawks fans have infiltrated the North. And Maple Leafs fans seem to be everywhere, like spruce budworm.

God, I even know an Islanders fan, may his soul find rest.

Yes, us sports fans who value laundry over geography are legion. So, no matter what the outcome over the next two months, I will walk brave and true through enemy territory, knowing I have an army of like-minded soldiers at my back.

Unless, of course, the Leafs win the Stanley Cup, in which case I'm moving to Ouagadougou.

Don't bother writing.

ZOOM

C'mon, let's just wing it!

KARIN THORELL/REX FEATURES

First time taking flight for chicks

This amazing image shows goldeneye chicks (Bucephala clangula) taking a leap of faith as they leave their nest for the first time. In a heart-stopping scene, the mother urged the young sea ducks to jump a few metres to the ground. METRO

Photog's words

- "The mother knows when all the kids are out of the eggs and then she jumps out, down on the ground. She stands and makes special sounds to get the chicks to jump. In a moment, the little ones begin to jump out, and you will see the sweet birds coming one by one, all jumping in different styles as you can see."

Ducking out

"I had to wait two-and-a-half hours to get this shot. It brought a tear to my eye."

Karin Thorell, nature photographer from Överkalix, northern Sweden

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

So now that a particularly nasty winter is behind us (most of us), the yearning for an escape to far-flung locales may have eased a bit. But there are still rainy days ahead, so why not spend one of them exploring the world? Here are three ways to do it.

Instahood:

Using Google Street View to investigate a neighbourhood can be a little Grand Theft Auto-like since you can't really enter any buildings and poke around. Instahood gets you closer to the real feel of a city (and its duck-faced selfies) through tagged photos on Instagram. (instahood.meteor.com)

Koozoo:

A newly-released iOS app that allows users to broadcast video — either recorded or live — from their home city. Broadcasting is still in beta and limited to San Francisco and Austin, Texas, so file Koozoo under "very promising" for now. (koozoo.com)

Tetsudo Now:

Tokyo's public-transit system is a breathtaking sprawl of remarkable efficiency, and you can watch it play out on a real-time map that provides arrivals information for its millions of users. (demap.info/tetsudonow)

Twitter

@metropicks asked: As the NHL playoffs get underway, we want to know: What's your playoff regime? Lucky pants? Not shaving?

@kajomha: wear a rain coat when going to Detroit games because I don't want to be showered with squid goo

@bobbyboucher604: wear jersey, & other @VanCanucks gear to the office, have large size flag in front window @ home, this yr some Ginga Ninja beer

@EthanDR: I use my lucky Netscape Navigator browser

@EvanPetrie17: Never really had one, Leafs finally made playoffs for the first time in 9 yrs. Maybe I won't wash this Leafs shirt. #Leafs

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Regina Symphony Orchestra conductor Victor Sawa. SUPPLIED/REGINA SYMPHONY ORCHESTRA

The prairie maestro plays on

Conducting himself. Regina Symphony Orchestra conductor Victor Sawa still keeping time

BACKSTAGE PASS
PAUL BOGDAN
regina@metronews.ca

Victor Sawa has been playing a serenade for Saskatchewan over the last 15 seasons at the Regina Symphony Orchestra. The laid-back conductor sat down with Metro to share a few of his thoughts on the RSO, conducting and the state of classical music.

Sawa's passion for the classics is quickly evident, but he believes everyone listens to more classical music than they may think.

"If you have seen a Looney Tunes cartoon — that's all classical," said Sawa.

"If you listen to Star Wars — it's based on Strauss, if you see 2001: A Space Odyssey — it is Strauss too, it's all classical."

During the interview, Sawa brought up his love and admiration of both the Rolling Stones and the Beatles. According to him, the Beatles revolutionized the use of orchestras in pop music, something that has come back into fashion as of late.

"I am sure it started with the Beatles, with Eleanor Rigby, sure of it," said Sawa. "I would absolutely love to play the McCartney show this summer," he added longingly.

Sawa seems to enjoy these pop culture links to classical music, and if talking about them will bring a new audience to the RSO shows then all the better.

"The fact that we are surviving and doing OK is a real testament," said Sawa of the RSO.

"There is a lot of competition, and funnily enough the competition is us, it's the movies where they play the exact same music we play — only we play it live."

According to Sawa, there is no alternative to hearing orchestras live and conducting that orchestra is akin to Spanish bullfighting.

This RSO season will be coming to a close with two concerts at the Conexus Arts Centre. The first will feature Mahler's First Symphony on May 4. Gustav Mahler also just happens to be one of Sawa's favourite composers.

"(Mahler's music) is just one of those things," said Sawa. "Music by John Williams, Danny Elfman and all these guys, you can see where it comes from, this is the source,"

On May 9, the orchestra will be joined by Quartetto Gelato for its final concert of the season.

The show will include a variety of formats, from classical masterworks to operatic arias, tangos, gypsy tunes and folk songs.

The orchestra will then get a well-deserved break. They will return for the Symphony Under the Sky festival on Aug. 18.

The popular festival has grown in recent years and Sawa says it provides an interesting challenge for him and his orchestra.

"It should be great, I hope it will be the same as last year, we have had really good luck with it," said Sawa.

"When you get that kind of crowd it is interesting, for example having babies in the crowd you don't know how that will go, the unknowns are tough."

Until then I'm sure Sawa will be waiting by his phone to see if any former Beatles might be needing his services this summer.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kelly Osbourne ALL IMAGES GETTY

Kelly Osbourne loses her cool with interviewer

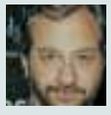
Kelly Osbourne isn't the easiest person to interviewer, at least according to Daily Telegraph reporter Joel Christie, who's spilling about a particularly tense chat with the reality star. "The conversation didn't start well. She called me 'presumptuous' for calling her rumoured fiancé her fiancé," Christie reports, adding that Osbourne got testy pretty quickly. "You are trying to f—ing turn this around and get s— on my family, aren't you?" she reportedly scolded him. Christie remains miffed: "It's pretty vexing when you're screamed at for spurious reasons."

Hugh Jackman

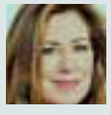
Jackman's bizarre gym attacker gets jail time

Hugh Jackman's unwelcome New York gym buddy has been slapped with a burglary charge to go along with her misdemeanor stalking and harassment charges, according to E! News. A 47-year-old homeless woman was arrested two weeks ago for barging into Gotham gym and throwing an electric razor filled with her own pubic hair at the Wolverine star. It's unclear exactly what the woman is being accused of stealing, but she's currently in jail in lieu of a $7,500 bond, with another court date lined up for next week.

Twitter



@JuddApatow
I am such a hoarder I can't even close open windows on my computer.



@DanaDelaney
At the bar, met Chris & Mike from Schiavone Construction who are bringing the subway to LA. About time.

@GarryShandling
Good night. I'm now going to block myself.

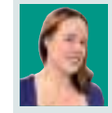
Lindsay Lohan

Prison sentence looms for Lindsay Lohan if she fails to show for rehab stint

Today's the day that Lindsay Lohan has to report for 90 days of court-ordered rehab, though at press time no facility had been chosen yet, according to E! News. If she doesn't check in somewhere she will be "required to show up to court on Thursday with her lawyer in L.A.," a source says. "If Lohan does not comply with the judge's order, that would be a violation of probation that could land her in jail." But one thing's at least for sure: Lohan won't be blogging about the experience while she's locked up, despite a report that she'd be using her personal website to chronicle her rehab. "She will not be blogging from rehab, but she does plan to have her own space on the web where she can talk about her passions," another source says. "She wants a place to discuss her love of fashion, music, art and her unique sense of style. She wants to be able to connect to her fans directly."

The Word

Why Jennifer's latest dress has us whispering and wondering



THE WORD
Dorothy Robinson
scene@metronews.ca

Oh man. Jennifer Aniston. What are you doing to us? How in the world can you show up to an event in what has been alternately described as a "billowy," "loose," "definitely maternity" dress? What does this mean?! Of course, it could just be that the actress is wearing a loose-fitting dress at the book launch party for Mandy Ingber's Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover and we are all jumping to conclusions. And honestly, if I were Jennifer Aniston, I'd wear dresses like this until the day I die just to continuously mess with the minds of the baby-hungry public at large.

But! It seems like the actress has moved her wedding date and she's passing the blame to Brad Pitt (ex-husbands are always good scapegoats). She doesn't want to overlap with Brad Pitt and Angelina Jolie's rumoured wedding this summer, according to Us Weekly. "She does not want her day associated with them," a source says, adding that when Aniston first heard of Pitt's planned wedding date she considered moving her wedding to Justin Theroux up to take place before it, but her fiancé talked her out of that idea. "Justin got weirded out by all the rushing." Aniston has now reportedly put her wedding plans completely on hold. "Nothing has happened on that front in a month," the source says.

Maybe that's because she's pregnant?! Or not. Only time, and more billowy dresses, will tell.

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LIFE 3

Multi-task makeup: a miracle or a marketing scheme?

She's all that?
Alphabet skin care is surfacing not only on swanky beauty counters but also in drugstore makeup aisles. But are the multi-function creams really improving your skin or merely clogging your pores? We take a look at the pros and cons

ROMINA MCGUINNESS
Metro World News in London

By now you've probably seen, tried or become addicted to all-in-one BB creams, which promise to protect, hydrate and perfect your skin while covering your spots.

"Having a product do it all was a first in the world of cosmetics, where the colour and function of the formula usually comes first and the treatment benefits take a back seat," Kerri Bender, manager of global product development at Smashbox Cosmetics says.

And maybe you're excited to get into CC creams, which arrived this spring and are meant to even out skin tone, reduce dark spots and enhance skin radiance through optics and coverage.

Now, the beauty industry is in a frenzy over the first ever DD cream, due to hit stores in June. Produced by Julep, it will target age spots, fine lines and, yes, cover flaws.

But are all of these multi-taskers yielding results?

"To me they're marketing hype," says Mary Schook, a New York based celebrity facialist and makeup artist. "What's good about all of this is that it forced the industry to work on building better foundations. Because we haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours," Schook adds. She and Bender help us look at the pros and cons.

Face the facts

"We haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours."

Mary Schook
Celebrity facialist and makeup artist.

CONS — Mary Schook

Clogged pores

"BB creams contain so many different ingredients that the skin can't handle, such as silicone and avobenzone, which cause breakouts. BB creams are supposed to have sunscreen and avobenzone is the popular ingredient in that, hence the acne. And the silicone in BB creams create a veil over the skin that doesn't allow it to breathe. It feels like it's breathing, but it's a false thing. It's creating a barrier that's not allowing the skin to perspire the way that it should. That's what is trapping the bacteria."

Heightened sensitivity

"CC creams do give a glow to the skin. But when you have a product that claims to colour correct, the way CC creams do, you have to worry about skin character because you're taking away things that protect the skin cells. When the cells want to cause any kind of pigmentation, it's the body trying to protect itself. If you take away all of that pigmentation, or the ability for the body to do that, then the body cannot defend itself."

PROS — Kerri Bender

A simpler makeup routine

"BBs are the baseline. You don't have to be a makeup junkie to use one. If you're looking for an all-in-one product, something that is going to prime, perfect, protect, hydrate and control oil, then it's the right one for you."

They mix well with your other products

"Both BB and CC creams work for any skin type. If you require a little more hydration, use your BB or CC cream in conjunction with your moisturizer. And if you have problems with shine, you can top off your BB or CC with a finishing powder."

Julep DD Crème
$36,
julep.com

Smashbox CC Crème
$42,
smashbox.com

Dior Hydra Life BB Crème
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dior.com

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The Kit

Canadian street style

Spotted in: Vancouver

Natalie
Student
Age: 20

What she's wearing
Sweater from Aritzia, shirt from Zara, toque from Diesel, Coach bag, Van shoes, and jeans from H&M.

Her inspiration
"Basic layering. I like being warm and comfortable."

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Ashley Kowalewski
The Kit.ca

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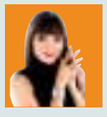

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

And here come the @EDITbyJeanneB shades!

A wee @EDITbyJeanneB fashion show to benefit @freethechildren hosted by @FusiaMag + @poojahandatv #FusiaFete

With my dear pal+hairstylist extraordinaire (doing my hair since '79) Gregory Parvatan from Rapunzel Salon #FusiaFete

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Shepherd's Pie goes meatless and Mexican with quinoa as its star

Ingredients

- 1 kg (2 lb) sweet potatoes, scrubbed well and pierced all over with a fork
- 15 ml (1 tbsp) canola oil, plus extra for greasing casserole dish
- 1 onion, chopped
- 1 red pepper, diced
- 2 cloves garlic, minced
- 10 ml (2 tsp) ground cumin
- 1 can (540 ml/19 oz) black beans (no salt added), well rinsed and drained
- 250 ml (1 cup) cooked quinoa made with water
- 250 ml (1 cup) frozen corn (no need to thaw)
- 250 ml (1 cup) mild or medium salsa, deli-style
- 50 ml (1/4 cup) light sour cream
- 50 ml (1/4 cup) finely chopped cilantro
- 1 ml (1/4 tsp) freshly ground black pepper (optional)
- 50 ml (1/4 cup) thinly sliced green onion or chopped cilantro, for garnish (optional)

1. Heat oven to 180 C (350 F). Bake sweet potatoes for 60 minutes or until tender. Alternatively, microwave at high for 8 to 12 minutes. Let cool until easy to handle.

2. Lightly grease a 2-l (8 cups) baking dish with canola oil or line with wet parchment paper (makes cleanup a breeze). Set aside.

3. In a large soup pot or Dutch oven, heat oil over medium heat. Add onion, red pepper, garlic and cumin. Cook, stirring often, for 5 to 7 minutes. Stir in black beans, cooked quinoa, corn and salsa until well combined. Remove from heat.

4. Pour into prepared pan. If you used a microwave to cook sweet potatoes, at this point heat oven to 180 C (350 F).

5. Meanwhile, cut cooled sweet potatoes in half and scrape out flesh. Discard skins. Mash sweet potato well with sour cream. Stir in cilantro. Season with pepper, if desired.

6. For a rustic look, spoon sweet potato mixture over quinoa mixture in heaping teaspoonfuls. (If you like more conformity, spoon on and spread out.)

7. Bake for 30 minutes or until heated through and bubbly. Sprinkle top of casserole with green onion, if using.

THE CANADIAN PRESS/ ALL RECIPES ON THIS PAGE APPEAR IN THE VEGETARIAN'S COMPLETE QUINOA COOKBOOK BY THE ONTARIO HOME ECONOMICS ASSOCIATION. EDITED BY MAIRLYN SMITH (WHITECAP, 2012).

Mexi Meatless Shepherd's Pie

This recipe makes 1.5 l (6 cups). THE CANADIAN PRESS H/O

Cookbook of the Week

Cooking super food

Quinoa, one of the most popular superfoods, gets the spotlight in The Vegetarian's Complete Quinoa Cookbook by the Ontario Home Economics Association. The release boasts more than 125 recipes, many of which are gluten free, contributed by professional home economists. Every recipe includes a nutritional profile and is less than 500 calories.

Among specific recipes are: African Peanut Soup with Red Quinoa, Goat Cheese, Red Pepper and Spinach Quiche, Dark Chocolate Pudding Cake. **METRO**

Just the breakfast basics: Simple Quinoa Crepes

This recipe makes 12 crepes. THE CANADIAN PRESS H/O

"The crepes are fantastic," says Marilyn Smith, editor of The Vegetarian's Complete Quinoa Cookbook. "I'm really impressed with the crepes just because it's so different."

This recipe will give you a slightly sweet basic crepe that you can use in recipes with fruit or sweeter sauces.

1. In a food processor fitted with a metal blade, process flour, eggs, oil and soy beverage for 10 to 15 seconds, until smooth (batter must be lump free). Refrigerate batter for at least 30 minutes before cooking. This allows bubbles to dissipate and gives a nicer finished product.

2. Very lightly grease a small frying pan (18 cm/7 inches) with canola oil. You may only have to do this once; a lightly seasoned pan will give you a more uniform crepe.

3. Spoon a scant 45 ml (3 tbsp) of the batter into pan and rotate pan around so that there is an even coating on the bottom of it. Try not to run batter up the sides as this will over-crisp the edges. Turn crepe over after 30 seconds. Crepe will be lightly browned on both sides and will be flexible (for folding or rolling).

4. Place cooked crepes on a plate lined with parchment paper to cool. They can be used in other crepe recipes or can be frozen at this point for later use. Freeze in small amounts, placing a small piece of parchment between crepes and wrapping them in clear plastic wrap. Freeze for up to 1 month.

Ingredients

- 175 ml (3/4 cup) quinoa flour
- 3 omega-3 eggs
- 50 ml (1/4 cup) canola oil
- 250 ml (1 cup) organic vanilla soy beverage

Snack. Fruit & Nut Clusters

These fruit and nut clusters make a decadent treat. "They're yummy and contain a little more protein than if you just had a nut cluster," says Marilyn Smith, editor of The Vegetarian's Complete Quinoa Cookbook.

1. Line a large baking sheet (42 by 28 cm/17 by 11 inches) with parchment paper and set aside.

2. Place chocolate in a medium microwave-safe bowl. Microwave at medium for 1 minute, stir, microwave one more minute at medium and stir again until completely melted. (Depending on your wattage, this could take longer than 2 minutes. The trick is to add more time in 5-second intervals, as you don't want to scorch the chocolate. Stir until chocolate has completely melted.)

3. Add quinoa puffs, cranberries and almonds. Stir to combine.

4. Drop 12 equal spoonfuls of the chocolate mixture on prepared baking sheet.

5. Let set until firm, about 30 minutes, or refrigerate.

Ingredients

- 175 g (6 oz) bittersweet chocolate, coarsely chopped (70-75 per cent cocoa mass)
- 125 ml (1/2 cup) quinoa puffs
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) whole almonds, coarsely chopped

Granny's farmhouse tabletop trend

Decor. Using mix-and-match tableware pieces a trend

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

For most of my adult life I have tried to veer away from anything remotely familiar to my mother or grandmother's decor styles.

Recently, I was shopping at a consignment shop and found a set of scallop-edged toile dessert plates. Not sure what I was going to do with them, I purchased them and decided to make them work at my next dinner party.

While mixing old and new is a huge trend, I figured I had my work cut out for me to incorporate them into a trendsetting table scape.

Recently, the look of farmhouse style has shown up at many home decor retail stores. This mix-and-match of humbly-worn objects can allow us to create a trendy table scape by combining our old dishes with this charming style — perfect for casual summer entertaining.

It's a table top that I think any modern grandmother would appreciate.

Fog wine glass

Hand-made, chunky and smoky make for a casual way to enjoy wine. $5, crateandbarrel.com

Placemat

Create the look of a worn table without waiting 100 years. Add textured placemats made of heavy, durable vinyl. Natural Effects Driftwood Placemat, $7, bedbathandbeyond.ca

Charger plate

Incorporate a level of formality to your table without making it feel overly traditional. Silver-Plated Charger Plate, $45, potterybarn.com

Silver-plated flatware

Look like you've "collected" cutlery from your many visits to fancy hotels. Sheffield Heirloom Silver-Plated Flatware, $145, potterybarn.com

Candle holders

Trend colours pulled from my vintage dishes help to contemporize a table. Recycled Glass Curvas Candle Holders, $29 to $39, urbanbarn.com

Bracket dinner plate

A silhouette of curves with the drama of dark grey help add a modern touch to a place setting. $6, cb2.com

Salad plate

Dig up something vintage from Granny's china cabinet and use it to inspire a table setting. Avon Cottage Scalloped Salad Plate, $20, ofthingspast.com

Platter

Organically shaped oval platters in dark grey add that touch of drama to a precious table. Scape Serve Ware Platter, $30, WestElm.com

Spruce up your kitchen for spring

DIY ideas. Brighten it up with a hint of colour, lighting and decor that gives your space a fresh look without breaking the bank

As the grey skies and dull days of winter are now behind us, give your kitchen a fresh facelift for the spring.

Get more economical and clever kitchen design ideas from I Hate My Kitchen on DIY Network Canada.

See the light

Installing lighting under kitchen cabinets can be an easy and inexpensive way to add a subtle glow and brighten up a room.

Low-voltage xenon lightbulbs are cost effective with a long life, and are a great way to enhance your counters and shelves.

This extra ray of light will help with food preparation while also creating a dramatic effect at night.

True colours

Add a splash of colour with affordable kitchen accents like vibrant storage boxes. It's as easy as purchasing a few old wooden crates and spray painting them with vivid tones. These accent pieces can also be used to store extra dishes, utensils, cookbooks and any other items that need to be packed away.

Sticky situation

Create a fun design on your kitchen walls without calling in the painting professionals. Wall decals come in a variety of colours and designs to suit different tastes. It's as easy as sticking the decal onto your wall and then just peeling it off when you're ready to move on to your next design.

Scratch the surface

Add texture to your kitchen walls with a unique backsplash using versatile materials such as salvaged wood scraps from an old cottage, photocopies of favourite recipes, or even a vintage vinyl tablecloth. This serves as a budget-friendly and simple way to freshen up your kitchen space on a whim, without having to make any long-term decisions.

Out in the open

Create an open concept storage setting by stacking colourful dishes on uncovered shelves.

Bright and vibrant dishes can be so much more than just serving items for meals. They can also become beautiful displays to liven up your kitchen.

I HATE MY KITCHEN PREMIERES TONIGHT AT 10PM ON DIY NETWORK CANADA. DIY NETWORK CANADA WILL BE IN FREE PREVIEW FROM NOW UNTIL THE END OF MAY

Adding light under your cabinets give it a subtle glow. ISTOCK IMAGES

Dulux Prairie Grass. CONTRIBUTED

Think sunshine in a paint can

Mellow yellow. Yellow paint — no matter what the shade — can bring renewal into people's lives

It may not be our favourite colour, but when it comes to painting our walls, yellow is the No. 1 choice worldwide.

That's the finding of an international survey conducted on behalf of Dulux® paint. The study shows that while blue is the most popular colour in the world, preferred by 36 per cent of people, the picture changes when you look at actual sales volume of paint colours.

"For every can of blue wall paint sold, you can almost fill an Olympic-size pool with the yellow paint that's purchased over the counter," said Martin Tustin-Fuchs, brand director for Dulux paint, pointing out that yellow is actually cited as the least favourite colour worldwide, with only five per cent of people favouring it.

"When presented with paint swatches, however, most people seem to like yellow — as long as it's called something other than yellow, that is," Tustin-Fuchs said. "Paint names like buttercup, vanilla and champagne are more attractive to consumers."

Tustin-Fuchs offered these tips on how to pick the best shade of yellow for your rooms:

Sunny yellow: Infused with a tinge of orange, sunny yellow does wonders in lighting up a poorly-lit room. Try painting this bright shade on both walls and ceilings and it will appear to mimic sunlight — even on cloudy days.

Mellow yellow: Cream tones tinted with yellow create a relaxing retreat in any living space. Soft and light, earthy yellows warm up smaller spaces, like bathrooms and vestibules, without overwhelming them. Warm yellow is also a good option for a master bedroom.

Citrus yellow: Known to energize and increase the appetite, cheery lemon yellow is a good option for eating areas. Reflecting a high amount of light, this shade works well in any kitchen or as an accent wall in a dining area.

Banana yellow: Warm tropical yellows work particularly well with neutral or wood furnishings. Best used in a family room or living area, banana yellow emits a welcoming, upbeat feel that wraps a person in warmth.

"Simply put, yellow paint is sunshine in a can," Tustin-Fuchs said. METRO NEWS SERVICES

Dulux Daisy Chain. CONTRIBUTED

Dulux Kansas Corn. CONTRIBUTED

Budget. Simple projects can lead to savings

Renovations aren't just about updating the design and comfort of your home or cottage, they can also be a great way to incorporate better approaches and sustainable technologies that cost very little, but lead to big savings.

It's often hard to know where to start when considering a green renovation. If you are considering a partial or full home renovation and want to go green, visit cagbc.org/greenhomes for a valuable list of resources, including local architects, advisers or contractors who are best qualified to help.

Here are some simple tips to get you thinking about renovating your space with an eye to saving — both money and the environment:

• Often in renovations you have the opportunity to fill uninsulated spaces to make them more energy efficient. To go green, consider rock wool or cellulose insulation. Both are available at most home renovation centres and contain recycled content, are made in Canada, and have the potential to reduce your monthly heating costs.

• The biggest single electricity user in an average gas-heated home is your refrigerator. While renovating a kitchen, consider recycling your old fridge (many utility companies will pick it up for free) and purchasing an Energy Star fridge. Choosing a smaller size will also reduce the monthly energy cost. Compare the EnerGuide rating that is listed on each fridge before you buy one — this will tell you which ones will save you the most energy and the most money.

• Reducing water use and hot water bills when renovating your bathroom is easy. Installing a low-flow or low-flow dual-flush toilet can reduce your water use by up to 25 per cent. A smart way to sort through what works best is to visit map-testing.com.

• Did you know showers use about 40 per cent of the hot water in your home? Installing the right low-flow shower head, especially one that is 1.75 gallons per minute (GPM) or less, will save you up to 30 per cent.

• When looking to replace or install new windows, look for those that are Energy Star rated for zone C or D. You could also consider installing casement windows, which tend to be less drafty as they age when compared to slider and double hung windows. **NEWS CANADA**

A fresh coat of paint can give your home an updated look and feel — and it doesn't have to cost a lot of money. DIGITAL VISION/THINKSTOCK

Choose 'smart' renovations

Many Canadians are interested in knowing the "smartest" household renovations to make to receive a good return on their investment. Although there are many variables that affect the value of a home, the Appraisal Institute of Canada (AIC) offers these general tips to Canadian consumers.

1 Choose improvements with long life expectancy. Roofing, energy-efficient heating and cooling systems, and windows can provide homeowners worry-free home improvements for as long as 10 to 15 years.

2 Invest in modern updates in high-traffic areas. Update the core rooms of your home such as the kitchen and bathroom. This can be as simple as changing door knobs, resurfacing cabinets, or replacing fixtures and countertops.

3 Don't underestimate the value of inexpensive updates. A fresh coat of paint, modern lighting fixtures, light landscaping or gardening, or upgraded door handles can give your home an updated look and feel — and it doesn't have to cost a lot of money.

4 Consider energy-efficient renovations that have a high return relative to cost. Energy-efficient renovations are considered one of the highest paybacks relative to cost.

5 Be careful about over-improvement. Consider your neighbourhood and the expectations of buyers in your area when planning your next renovation project.

6 Think about your personal needs. How much you spend on improvements will depend on how long you plan to live in your home. If you are thinking shorter term, smaller and less-expensive improvements may be your best bet to recover your investment.

7 Be sure to get a building/renovation permit. Take the time to obtain the proper building permits from your municipality or appropriate authority. This is a good step to ensuring that the renovation work complies with the building codes.

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Blackhawks display depth early in playoffs

NHL. Chicago spins success from regular season into a 1-0 lead vs. Wild in first round

Minnesota's Jason Zucker collides with Chicago's Corey Crawford on Tuesday during the first period of Game 1 of their playoff series in Chicago. The Blackhawks held on to win 2-1. JIM PRISCHING/THE ASSOCIATED PRESS

The Minnesota Wild got a terrific effort from Josh Harding in a tough spot. Ryan Suter helped Minnesota keep Chicago's high-powered attack in check, and the Wild still lost Game 1 to the Blackhawks.

The problem for Minnesota is the same one Chicago presented all season long to the rest of the NHL, and it could become even more important as the series moves forward.

The Blackhawks are so deep that it's tough to keep track of everyone.

Take the overtime goal in Tuesday night's playoff opener, which went to Chicago's third line. Or the ice time on the scoresheet, which showed a pretty even distribution for the Blackhawks compared to an astounding 41 minutes for Suter and 34 for fellow Wild defenceman Jonas Brodin.

"Every shift's critical, and it's important that you hold up your end of the bargain," Blackhawks coach Joel Quenneville said Wednesday. "Your depth's going to get challenged and I think we found out all year it was one of the strengths of our team. This year, in the playoffs, I don't think that's changed at all. Maybe it would even be that much more important."

Minnesota's depth was challenged when goalie Niklas Backstrom was scratched with a leg injury after he hurt himself while reaching for a puck as he warmed up for Game 1. Harding, who was diagnosed with multiple sclerosis last summer and played in just five games this season, responded with 35 saves.

"To not expect to play and halfway through warm-ups you find you have to play, to flip that switch, that's a tough thing," Suter said. "I thought he did great. That's a lot of pressure on a guy to come in and perform, and he did. Hopefully, he continues to have great success like he had."

Backstrom and right wing Jason Pominville are day to day, according to coach Mike Yeo. Pominville missed the last two games of the regular season after he was elbowed in the chin by Dustin Brown of the Los Angeles Kings.

That means Harding could be in the net again for Game 2 on Friday night at the United Center.

THE ASSOCIATED PRESS

Off to a good start

The Blackhawks rolled to an NHL-best 36-7-5 record this season, winning the Presidents' Trophy for the first time in 32 years and raising the expectations for a second championship in four years.

- Nine players had at least 20 points, helping Chicago to 149 goals — second only to high-scoring Pittsburgh.
- The overtime goal in Game 1 went to Bryan Bickell, who went to his backhand to slide the puck between Harding's legs for the score.

NBA

Blazers' Lillard named top rookie

Portland Trail Blazers point guard Damian Lillard was unanimously chosen the NBA's Rookie of the Year on Wednesdays.

Lillard, the sixth overall pick in last June's draft out of Weber State, led all rookies with a 19-point scoring average. He also averaged 6.1 assists and 3.1 rebounds, playing in all 82 games this season.

Lillard broke Stephen Curry's rookie record for three-pointers in a season, finishing with 185.

THE ASSOCIATED PRESS

NBA

Celtics streak past Knicks again

Jeff Green scored 18 points and the Boston Celtics stayed alive in the NBA playoffs, cutting the New York Knicks' lead to 3-2 with a 92-86 victory Wednesday night.

The Celtics will host Game 6 on Friday night, needing two victories to become the first NBA team to overcome a 3-0 deficit to win a series.

THE ASSOCIATED PRESS

Time will tell

"I think the real response will be once he gets a job."

Brooklyn Nets veteran Jerry Stackhouse on Jason Collins' recent announcement that he is gay. Collins, a 34-year-old journeyman, becomes a free agent on July 1 — meaning that he will first have to sign with an NBA team and wait until next season to see if teammates, coaches, opponents and fans will treat him any differently.

Leafs feel sting of playoff hornet's nest

Bruins forward Milan Lucic, left, celebrates a goal scored by centre David Krejci during Boston's Game 1 win over the Toronto Maple Leafs on Wednesday in Boston. ELISE AMENDOLA/THE ASSOCIATED PRESS

David Krejci had a goal and two assists as the Boston Bruins spoiled Toronto's long-awaited return to the NHL playoffs, scoring four unanswered goals to defeat the sloppy Maple Leafs 4-1 on Wednesday night.

The Bruins went behind early but clawed their way back into the game before a capacity crowd of 17,565 in yellow-and-black at TD Garden — Boston's 154th straight sellout. The experienced Bruins turned the screws on the Leafs, who were not at their best, as the game wore on.

The Leafs, whose return to the post-season may be short-lived, were hanging on for stretches of the third period.

Wade Redden, Nathan Horton and Johnny Boychuk also scored for Boston on a night where video review ratified one Bruins goal and disallowed two more.

Krejci, meanwhile, registered his 13th career multi-point playoff game in his 60th appearance in the post-season.

James Van Riemsdyk scored for Toronto, whose big guns were silent.

THE ASSOCIATED PRESS

Game 1

Bruins	Maple Leafs
4	1

Horoscopes

♈ Aries
March 21 - April 20
Today's planetary picture urges you to enjoy the social side of life. You may have a long journey ahead of you but that does not mean you cannot pause to smell the flowers along the way.

♉ Taurus
April 21 - May 21
Why so uptight? Is it because you think a secret is being kept from you? It does not matter what the rest of the world is doing. It matters only what you are going to do next.

♊ Gemini
May 22 - June 21
You seem to be much in favour with loved ones and friends at the moment, which is good. But don't let their kind words and attention distract you from your most important tasks. There's work to be done.

♋ Cancer
June 22 - July 23
Try to relax and take setbacks in your stride. There will always be things that don't work out the way you want them to — you'll never change that. What you can change is your own attitude. Be confident.

♌ Leo
July 24 - Aug. 23
Someone you don't always get along with seems remarkably friendly at the moment. Is this a genuine change of heart or is it a trap? They just want to draw a line on the past.

♍ Virgo
Aug. 24 - Sept. 23
Is someone at work causing you grief? If so it may be a situation of your own making. Try not to be quite so competitive today. Co-operation is the key to success.

♎ Libra
Sept. 24 - Oct. 23
You seem to think that you alone know how to resolve a tricky situation. Maybe you do but it will still pay you to get other people involved, and that means listening to all opinions.

♏ Scorpio
Oct. 24 - Nov. 22
Now that Mercury has moved into your opposite sign, you should find it easier to reach out to people you know and those you will need to know to further your ambitions.

♐ Sagittarius
Nov. 23 - Dec. 21
It is always easy to see the worst in people but today you should look for the best in them. It's there, if you open your eyes wide enough to see. Look in the mirror and greet your own good side too.

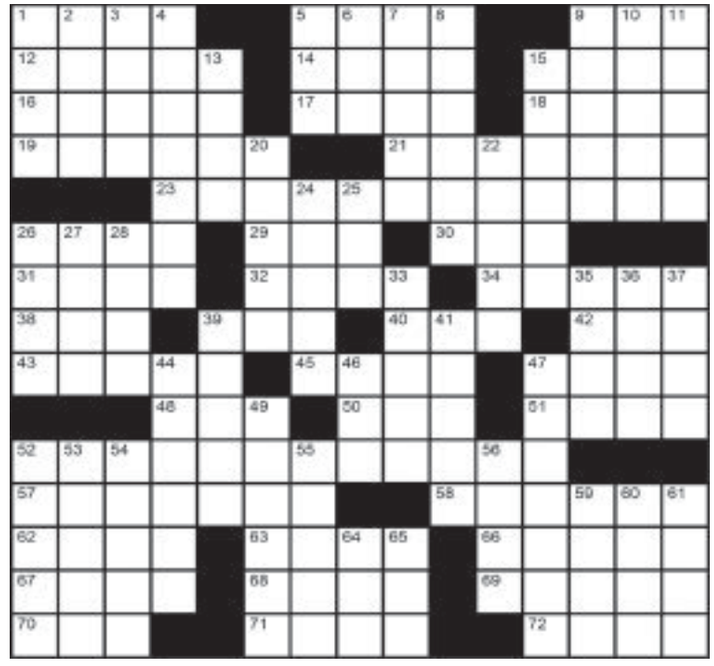
♑ Capricorn
Dec. 22 - Jan. 20
If someone asks what you think of something they have done today, tell them you think it's fantastic, even if you don't. They could do with a confidence boost and you're just the one to give it to them.

♒ Aquarius
Jan. 21 - Feb. 19
The trick you need to master now is making others believe you are not as smart as you are. If rivals underestimate what you can do, you may catch them off guard and beat them to the prize.

♓ Pisces
Feb. 20 - March 20
Modesty comes naturally to you and that's good because someone will go out of their way to talk you up. It's nice to be flattered, of course, but what is their motive? SALLY ROMPTON

Crossword: Canada Across and Down

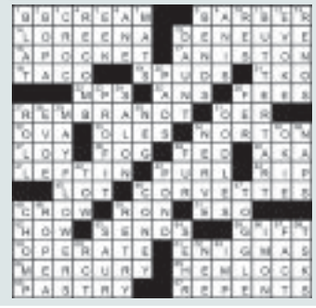
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Catherine __ (Henry VIII's sixth/last wife)
5. Mr. Bunny
9. Some computers and printers, e.g.
12. "The Love Boat" bartender
14. Swedish furniture store
15. Hair: __ Plus 2 in 1
16. Flagstones-created retreat
17. Horse gait
18. Pinocchio, sometimes
19. Witch's works
21. "Umbrella" singer
23. #99: 2 wds.
26. Plant-growing pet
29. Thor Heyerdahl's raft, __-Tiki
30. Pastureland parent
31. TV classic, "I Love __"
32. The 'E' in QED
34. Archie Bunker's wife
38. Gone†by
39. Message regarding health or safety, e.g.
40. 'Dull' suffix
42. Thought something was groovy
43. High IQ society
45. Price __
47. Tapestry thread
48. Phone's 8 letters
50. Part, puny-ly
51. Chows down
52. Eastern mountains stretching The States to Quebec/Maritimes
57. __ Falls, Ontario
58. Second Cup servings
62. Great dancer Mr. Kelly
63. Exist
66. Single-named songstress
67. Decorated, as cupcakes
68. 'Persist' suffix
69. Mr. Savard, Hockey Hall of Famer
70. Snake-like splasher
71. Region [abbr.]
72. Think, archaically

Down
1. Singers for Gladys
2. Hurried office memo letters
3. Appraise
4. Canadian National __
5. Fragment
6. Kiev's li'l land
7. Christopher Plummer film role, Captain __ von Trapp
8. Form of comedy
9. Ketchup brand
10. Buffoonery
11. '80s rockabilly hit: "__ Cat Strut"
13. Coca-__
15. Gold-__
20. Comic actress Wanda
22. Shaped with an axe
24. Ms. Jones of song
25. 'Phenom' add-on
26. Beach sighting
27. Massive
28. PC picture
33. "Star Trek" star George
35. Light bulb meaning!
36. __ of hair
37. Tiny tallnesses
39. Ms. Abdul
41. Sceptre-holder's characteristic
44. Put on, as plays
46. Suffix with 'Ghoul'
47. Canadian airline
49. Scoundrel of yore
52. Rolling Stones ballad
53. Period __ (Historic flick)
54. __ of experts (TV debate show guests)
55. British actor Michael
56. Captures
59. Unit of pressure
60. Cogito __ sum (I think therefore I am)
61. Distort
64. Pre-DVD machine
65. Always, fancy-style

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3			1		4			8
9	1	6				4	3	5
		5	4		2	8		
8								2
		9	8		5	6		
1	7	4				9	8	3
2			7		8			6

Yesterday's Sudoku

5	1	2	4	9	8	6	7	3
9	8	7	6	3	2	1	4	5
3	6	4	7	1	5	2	8	9
2	4	8	3	5	9	7	6	1
1	3	9	2	6	7	4	5	8
6	7	5	8	4	1	9	3	2
8	5	1	9	7	6	3	2	4
4	9	6	5	2	3	8	1	7
7	2	3	1	8	4	5	9	6

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